



"Climb to

## ABBREVIATIONS

- **DW** = **Dynamic Warm up**
- **RD** = **recovery drill**
- **PSD** = **pushup/sit up drill**
- **FM** = **foot march**
- **aml** = **approach march load**
- **STC** = **strength training circuit**
- **4C** = **4 for the core**
- **CD** = **conditioning drill**
- **SR** = **shuttle run**
- **RR** = **release run**
- **HSD** = **hip stability drill**
- **CL** = **climbing drill**
- **AGR** = **ability group run**
- **TR** = **terrain run**

*Note: We are using "DW" in lieu of "preparation drills" (PD), in order to allow for more flexibility with the selection of movement preparation/warm up exercises.*

"Climb to  
Glory"



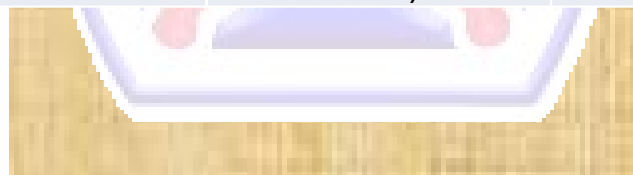
WEEK	Monday	Tuesday	Wednesday	Thursday	Friday
K					
1	Preparation: DW (5 reps) Activities: 1-mile run assessment Recovery: RD (30 sec)	Preparation: DW (5 reps) Activities: 4C (60 sec), CD 1 & 2 (5 reps ea), CL1 (5 reps) Recovery: RD (30 sec)	Preparation: DW (5 reps) Activities: HSD (5 reps), MMD 1 (1 rep), 30:60s (6 reps), 300-yd SR (1 rep) Recovery: RD (30 secs)	Preparation: DW (5 reps) Activities: 4C (60 sec), CD 1 & 2 (5 reps ea), CL1 (5 reps) Recovery: RD (30 secs)	Preparation: DW (5 reps) Activities: HSD (5 reps), SSD (5 reps), STC Recovery: RD (30 secs)
2	Preparation: DW (6 reps) Activities: HSD (6 reps), MMD 1 (1 rep), AGR (20 min) Recovery: RD (30 secs)	Preparation: DW (6 reps) Activities: 4C (60 sec), CD 1 & 2 (5 reps ea), CL1 (5 reps) Recovery: RD (30 sec)	Preparation: DW (6 reps) Activities: HSD (6 reps), MMD 1 (1 rep), 30:60s (6 reps), 300-yd SR (1 rep) Recovery: RD (30 secs)	Preparation: DW (6 reps) Activities: 4C (60 sec), CD 1 & 2 (5 reps ea), CL1 (5 reps) Recovery: RD (30 secs)	Preparation: DW (6 reps) Activities: HSD (6 reps), SSD (6 reps), STC Recovery: RD (30 secs)
3	Preparation: DW (7 reps) Activities: HSD (7 reps), MMD 1 (1 rep), AGR (21 min) Recovery: RD (30 secs)	Preparation: DW (7 reps) Activities: 4C (60 sec), CD 1 & 2 (6 reps ea), CL1 (6 reps) Recovery: RD (30 sec)	Preparation: DW (7 reps) Activities: HSD (7 reps), MMD 1 (1 rep), 30:60s (7 reps), 300-yd SR (1 rep) Recovery: RD (30 secs)	Preparation: DW (7 reps) Activities: HSD (7 reps), SSD (7 reps), STC Recovery: RD (30 secs)	Preparation: DW (7 reps) Activities: FM w/ flick (8k or less) Recovery: RD (30 secs)
4	Preparation: DW (8 reps) Activities: 4C (60	Preparation: DW (8 reps) Activities: HSD (8 reps) MMD 1 (2	Preparation: DW (8 reps) Activities: 4C (60	Preparation: DW (8 reps) Activities: HSD (8 reps) MMD	Preparation: DW (8 reps) Activities: 4C (60 sec) HSD (8



WEEK	Monday	Tuesday	Wednesday	Thursday	Friday
5	Preparation: DW (9 reps) Activities: HSD (9 reps), MMD 1 (1 rep), AGR or RR (23 min) Recovery: RD (30 secs)	Preparation: DW (9 reps) Activities: 4C (60 sec), CD 1 & 2 (7 reps ea), CL1 (5 reps) Recovery: RD (30 sec)	Preparation: DW (9 reps) Activities: HSD (9 reps), MMD 1 (1 rep), 30:60s (8 reps), 300-yd SR (1 rep) Recovery: RD (30 secs)	Preparation: DW (9 reps) Activities: 4C (60 sec), CD 1 & 2 (7 reps ea), CL1 (7 reps), PSD (2x30 sec) Recovery: RD (30 secs)	Preparation: DW (9 reps) Activities: HSD (9 reps), SSD (9 reps), STC Recovery: RD (30 secs)
6	Preparation: DW (10 reps) Activities: HSD (10 reps), MMD 1 (1 rep), AGR or RR (24 min) Recovery: RD (30 secs)	Preparation: DW (10 reps) Activities: 4C (60 sec), CD 1 & 2 (7 reps ea), CL1 (7 reps ea), PSD (2x45 sec) Recovery: RD (30 sec)	Preparation: DW (10 reps) Activities: HSD (10 reps), MMD 1 (1 rep), 30:60s (8 reps), 300-yd SR (1 rep) Recovery: RD (30 secs)	Preparation: DW (10 reps) Activities: HSD (10 reps), SSD (10 reps), STC Recovery: RD (30 secs)	Preparation: DW (10 reps) Activities: FM w/ flick (10k or less) Recovery: RD (30 secs)
7	Preparation: DW (10 reps) Activities: 4C (60 sec), CD 1 & 2 (8 reps ea), CL1 (8 reps), PSD (2x60 sec) Recovery: RD (30 sec)	Preparation: DW (10 reps) Activities: HSD (10 reps), SSD (10 reps), STC Recovery: RD (30 secs)	Preparation: DW (10 reps) Activities: HSD (10 reps), MMD 1 (1 rep), 30:60s (9 reps), 300-yd SR (2 reps) Recovery: RD (30 secs)	Preparation: DW (10 reps) Activities: 4C (60 sec), CD 1 & 2 (8 reps ea), CL1 (8 reps), PSD (2x60 sec) Recovery: RD (30 sec)	Preparation: DW (10 reps) Activities: HSD (10 reps), MMD 1 (1 rep), AGR or RR (25 min) Recovery: RD (30 secs)
8	Preparation: DW (10 reps) Activities: HSD (10 reps), MMD 1 & 2 (1 rep ea), AGR or RR (25 min) Recovery: RD (30 sec)	Preparation: DW (10 reps) Activities: 4C (60 sec), CD 1 & 2 (7 reps ea), CL1 (7 reps ea), PSD (2x45 sec) Recovery: RD (30 sec)	Preparation: DW (10 reps) Activities: HSD (10 reps), MMD 1 (1 rep), 30:60s (8 reps), 300-yd SR (1 rep) Recovery: RD (30 secs)	Preparation: DW (10 reps) Activities: 4C (60 sec), CD 1 & 2 (7 reps ea), CL1 (7 reps), PSD (2x30 sec) Recovery: RD (30 secs)	Preparation: DW (10 reps) Activities: FM w/ flick (10k or less) Recovery: RD (30 secs)



WEEK	Monday	Tuesday	Wednesday	Thursday	Friday
9	Preparation: DW (10 reps) Activities: 4C (2x60 sec), CD 1 & 2 (9 reps ea), CL1 (9 reps), PSD (3x60 sec) Recovery: RD (30 sec)	Preparation: DW (10 reps) Activities: HSD (10 reps), MMD 1 & 2 (1 rep ea), AGR or RR (28 min) Recovery: RD (30 secs)	Preparation: DW (10 reps) Activities: 4C (2x60 sec), SSD (10 reps), STC Recovery: RD (30 secs)	Preparation: DW (10 reps) Activities: HSD (10 reps), MMD 1 & 2 (1 rep ea), 60:120s (8 reps) Recovery: RD (30 secs)	Preparation: DW (10 reps) Activities: 4C (2x60 sec), SSD (10 reps), STC Recovery: RD (30 secs)
10	Preparation: DW (10 reps) Activities: HSD (10 reps), MMD 1 & 2 (1 rep ea), AGR or RR (30 min) Recovery: RD (30 secs)	Preparation: DW (10 reps) Activities: 4C (2x60 sec), SSD (10 reps), STC Recovery: RD (30 secs)	Preparation: DW (10 reps) Activities: HSD (10 reps), MMD 1 & 2 (1 rep ea), 60:120s (10 reps) Recovery: RD (30 secs)	Preparation: DW (10 reps) Activities: 4C (2x60 sec), SSD (10 reps), STC Recovery: RD (30 secs)	Preparation: DW (10 reps) Activities: FM w/ flick (10k or less) Recovery: RD (30 secs)



"Climb to